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# *Your Home* COOK BOOK

BY  
PHOEBE DANE

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# Foreword

PERHAPS at some time you may have read and smiled over a little paragraph called, "The Way for Any Woman to Regain Her Husband's Love." It begins like this: "Go to the butcher's and select a thick, juicy steak—" and continues with directions for cooking that steak and serving it most invitingly.

Although this bit of humorous advice is found in many joke collections, that doesn't make it altogether a joke. To my way of thinking, it is worthy of being lengthened to include a few menus for good old-fashioned meals, retitled "The Way for Any Woman to *Retain* Her Husband's Love," and attached to all marriage certificates.

During my life so far it has just happened that I've had a great many opportunities to see what a big part food, plain, everyday food, plays in marriage happiness and unhappiness. For thirty years cooking has been my hobby. Maybe you'll say that is why it seems so important to me. But it's grown to be a habit of mine, when one of my younger married friends comes to me with a tale of this quarrel or that misunderstanding, to say, "Let's see, what are you going to have for dinner tonight?" The usual mournful reply is, "What does it matter?" Well, it matters a lot, and I tell her so. Then, if she really hasn't any special ideas on the subject, I jot down for her a couple of recipes that I know from experience produce a peaceful and contented mood, and say, "Serve these for dinner, and talk the thing over with him afterwards."

It would surprise you to know how successful such a simple idea can be!

Men certainly like good substantial home cooking, the kind of things Mother used to make, as they usually express it. And while we may have a lot of good simple dishes that we make for the children, and some dainty and elaborate recipes clipped



from magazine articles that we like to try on our women friends—after all, it's for the man of the house that we put forth our noblest culinary efforts. Why not admit it?

I am an old-fashioned cook. I never had the basic scientific training that is, fortunately, so easy for the beginner to acquire nowadays. But my mother was a real cooking genius, and she not only taught me her methods, but bequeathed to me a collection of favorite old-time recipes, some of which have been in our family for several generations.

For thirty years I have been using those recipes, improving and modernizing many of them, as well as experimenting with new ones. My friends tell me that mine is the sort of recipe collection not to be found in modern cookbooks, because it is the product of several generations of real home cooks. For that reason I have decided to pass along what I call the "cream" of my collection to other home cooks—women who have families to cook for, and men to please particularly.

I have not attempted to put these recipes into a scientific form. Frankly, I feel that it would spoil many of them; and besides, this is not a book for beginners—I am not attempting to teach cooking. This is a book for women who are already good enough cooks to make ordinary things, but who want to become better; who want to produce the sort of food that makes men hurry home from the office, and that children remember longingly years afterward.

These recipes are set down just as I use them myself. Try them that way; experiment with some of them if you have time; improve them all if you can! That's where the art and the joy of good cooking lie.

My good wishes for a happy home, a smiling family and above all, a *contented husband*, go with this little book.

Phoebe Dane

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# "MEET OUR COOK"



## *Beverages*



### CHOCOLATE MILK SHAKE

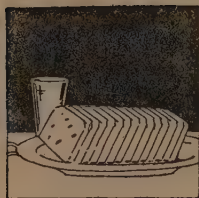
Add 1 tablespoon cocoa paste to 1 cup cold milk. Shake well in a shaker or pint jar. Serve immediately.

### MILK BLOSSOM

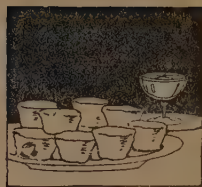
Add to cold milk slowly, stirring constantly, any sweetened fruit juice, such as cherry, strawberry or raspberry. Use only enough fruit juice to flavor the milk. Serve immediately.

### EGG NOG

Beat 1 egg with 1 teaspoon sugar and a few grains salt. Add 1 cup milk and a few drops of vanilla or a little nutmeg. Serve cold.



# Breads and Breakfast Cakes



## QUICK NUT BREAD

Sift and mix 3 cups of whole wheat flour,  $\frac{1}{2}$  cup of white flour, 3 rounding teaspoons of baking powder, 1 level teaspoon of salt, and 1 cup of sugar; add 1 cup of chopped nuts, and  $2\frac{1}{2}$  cups of sweet milk. Bake  $2\frac{1}{2}$  hours in a slow oven.

## FAVORITE NUT BREAD

Sift together 2 cups white flour, 2 cups graham flour, 4 teaspoons baking powder,  $\frac{1}{2}$  cup sugar and a pinch of salt, and add 1 cup chopped walnuts. Beat 1 egg well, add 2 cups of milk; add gradually to dry ingredients. Form into loaf in bread pan, let raise 20 minutes, and bake 45 minutes in a slow oven.

## GRAHAM BREAD

Mix together  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup molasses, 1 well beaten egg and  $2\frac{1}{2}$  cups sour milk. Add gradually 1 cup white flour,  $3\frac{1}{2}$  cups graham flour, 1 teaspoon baking powder, 2 teaspoons soda and 1 teaspoon salt. Bake in 2 loaves for 1 hour in a moderate oven.

## TEA BISCUITS

Mix quickly with a knife 1 tablespoon shortening, 2 cups flour, 4 teaspoons baking powder, 1 cup mixed milk and water, salt and sugar according to taste. Roll out half an inch thick and cut in small rounds. Bake 10 to 12 minutes in a hot oven.

## POCKETBOOK ROLLS

Use Tea Biscuit recipe. When cutting, fold over each piece of dough, sprinkling a little brown sugar between.



### CHEESE STICKS

One cup grated dry American cheese, 1 cup flour, a pinch of baking powder, a scant teaspoon salt,  $\frac{1}{2}$  cup water. Roll out thin like pie crust, cut in oblongs. Bake 20 minutes in an unbuttered pan.

### CINNAMON ROLLS

Mix with the fingers 2 cups prepared flour and 2 tablespoons butter, add  $\frac{5}{8}$  cup milk and mix with a knife. Take half the dough, roll out to a square,  $\frac{1}{2}$  inch thick, and spread with 1 tablespoon butter creamed soft. Mix cinnamon and sugar and sprinkle thickly over dough with small raisins, roll, and cut in one inch pieces. Repeat this process with remaining half of dough. Bake 20 minutes.

### BRAN GEMS

Rub together 1 tablespoon butter, a pinch of salt, 2 cups bran and a cup of flour. Add 1 cup milk, 1 tablespoon soda mixed with  $\frac{1}{2}$  cup molasses, and 1 cup raisins which have been boiled in a little water until large and soft. Bake in gem pans.

### QUEEN MUFFINS

Cream 3 teaspoons butter and  $\frac{1}{4}$  cup granulated sugar. Stir in the yolk of 1 egg and  $\frac{1}{2}$  cup milk. When these are well blended, add slowly  $1\frac{1}{4}$  cups flour through which have been sifted  $2\frac{1}{2}$  teaspoons baking powder. Add well beaten egg white last. Bake 25 minutes.

### CORN MEAL MUFFINS

Mix in order given: 2 tablespoons melted butter,  $\frac{1}{2}$  scant cup sugar, yolks of 2 eggs, 2 cups corn meal, sifted; 1 cup wheat flour, 2 teaspoons baking powder,  $1\frac{1}{2}$  cups milk. Beat egg whites stiff and fold in last.

## *Breads and Breakfast Cakes*

### JOHNNY CAKE

Sift together 2 cups corn meal,  $1\frac{1}{2}$  cups flour, 1 teaspoon salt. Stir this mixture gradually into  $\frac{1}{2}$  cup sugar, 1 egg and  $\frac{1}{2}$  cup shortening which have been well mixed. Add 2 cups sour milk in which has been dissolved 1 teaspoon soda. Bake in a buttered tin for 20 minutes in a hot oven.

### FEATHER MUFFINS

Mix in order given: 2 well beaten eggs,  $\frac{1}{2}$  cup milk, a pinch of salt, 1 tablespoon sugar, 1 teaspoon baking powder,  $1\frac{1}{2}$  cups sifted flour and 1 tablespoon melted butter. Bake 25-30 minutes.

### FRENCH PANCAKES

Beat separately the yolks and whites of 3 eggs. To the yolks add 1 cup milk,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon sugar and  $\frac{1}{2}$  teaspoon melted butter; pour a third of this mixture over  $\frac{1}{2}$  cup flour, stir to a smooth paste, add remainder of yolk mixture and beat well. Fold in egg whites last. Heat a buttered pan, pour in batter to just cover bottom of pan. When cooked to a golden brown spread with jelly and roll up.

### GERMAN PANCAKES

Use for each pancake 2 tablespoons flour dissolved in milk, 3 eggs, and just enough milk to make the batter of thin consistency like a meat sauce. Beat well together. Have the pan very hot and use plenty of butter. When each cake is browned on one side, turn, adding more butter. Keep the pan covered so that no heat escapes.

### SOUR MILK GRIDDLE CAKES

Mix 3 cups flour, 1 teaspoon salt and 1 tablespoon sugar and add 2 cups sour milk in which 1 teaspoon soda has been dissolved. Beat until the batter is smooth then add 1 well beaten egg and 1 tablespoon melted butter. Bake on a hot griddle.

## WAFFLES

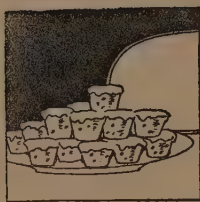
Sift 1 teaspoon baking powder with 2 cups flour; add 1 well beaten egg,  $1\frac{1}{2}$  cups milk,  $\frac{1}{2}$  teaspoon melted butter and a pinch of salt. Heat waffle iron thoroughly before using, greasing unless it is an electric iron. Do not stir batter again after it is once mixed.

## SOUR MILK WAFFLES

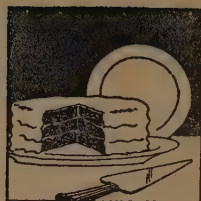
Mix  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoon salt, 3 teaspoons baking powder and  $\frac{1}{2}$  teaspoon soda. Add gradually 1 cup sour milk, then 2 well beaten eggs and 1 tablespoon melted butter. Cook on a hot, well greased waffle iron.

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# Cakes and Cake Icings



## SPONGE LAYER CAKE

To the yolks of 4 eggs beaten well with a cup of sugar, add 3 tablespoons boiling water. Whip in 1 cup of flour sifted with 1 teaspoon baking powder, and last fold in the beaten egg whites. Bake in a moderate oven.

## CHOCOLATE ROLL CAKE

To  $1\frac{1}{2}$  squares of unsweetened chocolate, grated, add the grated rind of 1 lemon, the beaten yolks of six eggs, 1 cup powdered sugar, 1 tablespoon water and 1 cup flour. Beat the egg whites very stiff and fold in last. Butter well a large, flat pan, heat on top of stove, then pour in batter and bake. Turn the cake out on a board and when it is nearly cool, spread with sweetened and flavored whipped cream. Roll like a jelly roll, make a chocolate icing for the top, and sprinkle on a few chopped almonds.

## CHOCOLATE LOAF CAKE

Mix together 2 eggs,  $1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sour milk and  $\frac{1}{2}$  cup hot water in which 6 tablespoons chocolate have been dissolved. Add gradually  $2\frac{1}{2}$  cups flour sifted with 1 teaspoon baking powder and 1 teaspoon soda. Add 1 teaspoon flavoring and bake in greased tin in moderate oven for 25 minutes.

## DUTCH PINEAPPLE CAKE

Wash and cream  $\frac{1}{2}$  cup butter, add 1 cup sugar and beat well. Add 3 well beaten eggs. Mix and sift  $2\frac{1}{4}$  cups flour, 3 teaspoons baking powder and  $\frac{1}{2}$  teaspoon salt, and add to first mixture alternately with  $\frac{2}{3}$  cup milk. Butter generously a large round cake pan, sprinkle the bottom with brown sugar and place over it slices of canned pineapple with a maraschino cherry in the center of each. Pour cake batter over pineapple and bake about 1 hour in a moderate oven. Serve warm with whipped cream.



### ICEBOX CAKE

This recipe requires about  $2\frac{1}{2}$  dozen lady fingers, and  $1\frac{1}{2}$  dozen macaroons. Line a spring form with waxed paper, and cover sides and bottom of pan with lady fingers. Cream  $\frac{3}{4}$  pound of sweet butter with a large cup of powdered sugar. Add the beaten yolks of 3 eggs, vanilla, and last, fold in the well beaten egg whites. Cover the lady fingers with a layer of this custard, sprinkle with grated macaroons, make another layer of lady finger halves and repeat, making the top layer of lady fingers. Make this cake the day before it is to be used, and let it remain in the icebox over night. Serve topped with whipped cream.

### CUP CAKES

Cream 2 scant cups of sugar with 1 cup butter; add, one at a time, 4 egg yolks. Sift 3 cups flour with 1 teaspoon baking powder, and add alternately with 1 cup milk. Beat egg whites stiff and fold in last.

### ORANGE CAKE

Cream  $\frac{1}{4}$  cup butter with 1 cup sugar, add 2 well beaten eggs and  $\frac{1}{2}$  cup milk. Sift  $1\frac{1}{2}$  teaspoons baking powder with  $1\frac{1}{2}$  cups flour, and add. Bake this cake in two pans, spread with Orange Filling and ice with Orange Frosting. (See page 18.)

### COCOANUT CAKE

Mix 2 cups sugar, 3 cups flour, 3 teaspoons baking powder, 3 eggs (reserving the whites of two), 1 cup of sweet milk, 2 tablespoons butter. Make a frosting of the 2 egg whites and sugar well beaten together, spread on the cake and sprinkle with cocoanut.

### SPICE CAKE

Mix in order given: 1 cup molasses, 1 cup sugar,  $\frac{2}{3}$  cup butter, 1 cup sour milk, 3 eggs, 1 teaspoon soda, 1 teaspoon nutmeg,  $1\frac{1}{2}$  teaspoons cinnamon, 1 teaspoon ground cloves, 3 cups sifted flour. Bake in moderate oven.

## *Cakes and Cake Icings*

### RAISED CAKE

Crumble 1 cake of yeast and add slowly  $1\frac{1}{2}$  cups warm milk, beating meanwhile for 5 minutes. Mix with enough flour to make a thin batter of the consistency of cream. Let set overnight, covered. In the morning scald 2 cups milk, and add to the yeast with 1 well beaten egg, 1 tablespoon salt and 3 tablespoons sugar. Mix with enough flour to make a stiff batter, and beat 10 minutes. Let raise to twice the size. Form in a loaf in pan, and spread top with sliced apples or peaches, cinnamon and sugar. Let raise again before baking.

### WAR CAKE

Boil together for 5 minutes 2 cups water, 2 cups brown sugar, 1 teaspoon ground cloves and cinnamon, 2 tablespoons butter,  $\frac{1}{4}$  teaspoon salt and 1 pound small seedless raisins. When cold, add 3 cups sifted flour and 1 teaspoon baking soda dissolved in a little warm water. Bake 50 minutes in a moderate oven.

### SOUR MILK CAKE

To a mixture of 1 cup sour milk,  $\frac{1}{2}$  cup butter and 1 egg add 2 cups flour sifted with 1 teaspoon soda, 1 teaspoon cloves, cinnamon and allspice mixed, pinch of salt and 1 cup sugar. Bake in greased tin in moderate oven for 25 minutes.

### GINGER CAKE

Cream together  $1\frac{1}{2}$  cups granulated sugar with 1 large tablespoon butter; add 4 beaten egg yolks, 1 teaspoon allspice, 1 teaspoon ginger,  $1\frac{1}{2}$  teaspoons cinnamon, 2 teaspoons cocoa,  $\frac{3}{4}$  cup milk,  $2\frac{1}{2}$  cups flour sifted with  $2\frac{1}{2}$  teaspoons baking powder. Last fold in 2 stiffly beaten egg whites. When cake is cool, spread with a frosting made of the 2 remaining egg whites beaten with confectioners' sugar and flavored with vanilla.

### SIMPLE THREE-LAYER CAKE

Cream butter the size of an egg with 1 cup granulated sugar, add gradually 3 egg yolks and 1 teaspoon baking powder sifted with 1 cup flour. Add 2 tablespoons water and last fold in the stiffly beaten egg whites. Bake in layers.

### CHEESE CAKE

Cream together for 15 minutes 1 tablespoon butter, 1 cup sugar, and 6 egg yolks. Add 1 tablespoon flour, the grated rind of a lemon, 1 pound pot cheese, strained, 1 cup cream, and last fold in the 6 beaten egg whites. Butter well a spring form, and sprinkle it with cracker dust. Bake in a moderate oven about 50 minutes. Don't remove the spring form until the cake is cold.

### LEMON CHEESE CAKE

Mix 1 pound pot cheese with 1 cup cream, and add, beating steadily, first a whole egg and then an egg yolk until 4 whole eggs and 4 yolks have been used. To the 4 stiffly beaten egg whites add 8 tablespoons sugar, and the juice and grated rind of 1 lemon, and fold in last.

### THREE-LAYER SPONGE CAKE

Beat 5 egg yolks with  $\frac{1}{2}$  cup granulated sugar for 5 minutes. Repeat with egg whites. Beat together, and add  $\frac{1}{2}$  cup potato flour,  $\frac{1}{4}$  teaspoon salt and 1 large teaspoon baking powder sifted together. Add vanilla flavoring last. Bake in three layers for 10 minutes in a moderate oven.

### RICH BROWN CAKE

One pound dark brown sugar, 4 whole eggs, 1 cup chopped nuts, 1 cup flour, 1 teaspoon baking powder, vanilla or sherry sauce, 1 teaspoon allspice and 1 teaspoon cinnamon. Mix in order given and bake in a loaf.

### FRUIT CAKE

To 1 pound creamed butter add 1 pound light-brown sugar and 10 well beaten eggs, 2 tablespoons molasses, 1 teaspoon salt, 2 teaspoons mace, 1 teaspoon nutmeg, 1 teaspoon allspice, 2 teaspoons cinnamon,  $\frac{1}{2}$  teaspoon cloves and 1 cup buttermilk in which 1 teaspoon soda has been dissolved. Dredge in 1 pound flour, 1 pound sultana raisins, 1 pound seeded raisins, 1 pound chopped candied cherries, 1 pound blanched almonds, 1 pound citron, 1 pound candied pineapple. Add the remaining flour to the cake mixture then add 1 lemon and 1 orange (juice and rind), the dredged nuts and fruits and 1 cup grape juice. Let the mixture blend and ripen for 24 hours then steam 2 or 3 hours in pans lined with waxed paper. Dry out in slow oven for a few minutes.

### JENNY'S CAKE

Cream  $\frac{1}{2}$  pound butter with 1 cup sugar, add 2 eggs, 1 teaspoon vanilla, a little rum sauce, 1 teaspoon baking powder and 2 tablespoons milk. Add sifted flour until mixture is stiff enough to roll, and bake in a sheet.

### MOUNTAIN CAKE

Cream butter the size of an egg with  $\frac{3}{4}$  cup sugar. Add 1 beaten egg, vanilla,  $1\frac{1}{2}$  cups prepared flour,  $\frac{1}{2}$  cup milk, and bake 25 minutes.

### CREAM CAKE

To 3 eggs beaten well with a wire beater add 1 cup cream,  $\frac{3}{4}$  cup granulated sugar, 1 teaspoon vanilla and 2 cups sifted prepared flour. Bake 50 minutes in a slow oven, using spring form. Top with whipped cream and grated fresh cocoanut.

### APPLE SAUCE CAKE

Stir well together 2 tablespoons butter, 1 egg, 2 cups sugar,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon ground cloves,  $\frac{1}{2}$  nutmeg, grated, and the grated rind of  $\frac{1}{4}$  orange. Stir  $\frac{1}{2}$  cup raisins well through the mixture, add  $1\frac{1}{2}$  cups unsweetened apple sauce, 1 teaspoon baking soda dissolved in 2 tablespoons hot water, 2 generous cups flour, and bake one half hour.



### RAISIN PUFFS

One-half cup butter creamed with  $\frac{1}{2}$  cup sugar, 2 eggs, 2 cups flour, 3 teaspoons baking powder, 1 cup milk and 1 cup seedless raisins. Mix in order given, bake in gem pans and serve with rum sauce as a dessert.

### OLD-FASHIONED RAISIN GINGERBREAD

Mix in order given: 1 cup buttermilk, 1 cup molasses, 1 teaspoon soda, 1 beaten egg, 3 cups sifted flour,  $\frac{1}{2}$  teaspoon each of ground cinnamon, cloves and ginger. Stir well and mix in two cups of chopped raisins. Pour into buttered shallow pans and bake in a moderate oven.

### MOCK CHEESE CAKE

Roll 6 zwieback, butter a spring form and sprinkle the zwieback crumbs on bottom and sides, reserving some for the top of cake. Beat the yolks of 6 eggs, add 2 cans condensed milk and beat again. Add the juice of  $2\frac{1}{2}$  lemons and last, fold in the 6 beaten egg whites. Bake in a hot oven, turning down gas when the cake is put in and leaving 1 hour without opening the door. Turn out gas, and leave with door closed 5 minutes, then let the cake cool with oven door open.

### DEVIL CAKE

Cream 1 tablespoon butter and 1 tablespoon Crisco, add  $1\frac{1}{4}$  cups sugar and 3 heaping tablespoons cocoa and beat well until smooth and creamy. Add alternately, a little at a time, 1 cup sour milk and  $2\frac{3}{4}$  cups flour. Add 1 teaspoon salt and 1 teaspoon baking soda dissolved in  $\frac{1}{4}$  cup boiling water, mix well and bake.

### CINNAMON CAKE

Cream together 1 cup sugar and 2 tablespoons melted butter. Add 2 egg yolks,  $1\frac{1}{2}$  cups sifted flour with  $1\frac{1}{2}$  teaspoons baking powder and  $\frac{1}{2}$  cup milk, adding vanilla flavoring and the two beaten egg whites last. Pour this mixture in two pans, mix  $\frac{1}{2}$  cup sugar and  $\frac{1}{4}$  teaspoon cinnamon, sprinkle on top of each and dot with butter.

## Cakes and Cake Icings

### CRUMBS

*(These may be used on top of cinnamon cakes instead of mixture given, or on plain crumb cakes)*

Rub together and mix well 2 tablespoons butter, 1 teaspoon cinnamon, 2 tablespoons sugar, and  $\frac{1}{2}$  cup flour.

### ORANGE FILLING

Mix together  $\frac{1}{2}$  cup sugar and 1 heaping tablespoon flour, and 1 tablespoon lemon juice and the juice of  $\frac{1}{2}$  orange, 1 egg slightly beaten, and  $\frac{1}{2}$  teaspoon butter. Bring to a boil in double boiler and cook about 10 minutes.

### ORANGE FROSTING

Stir into the beaten yolk of an egg and 1 tablespoon orange juice enough powdered sugar to make of good spreading consistency.

### CHOCOLATE FILLING

To 2 cups powdered sugar add an inch cube of butter, and cream together. Add 2 squares melted chocolate, 4 tablespoons black coffee, and 1 teaspoon vanilla.

### CHOCOLATE ICING

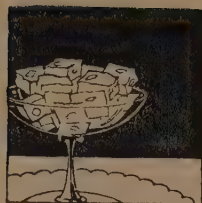
To 1 cup granulated sugar in a double boiler add  $\frac{1}{3}$  cup boiling water and stir to dissolve until mixture begins to boil—no longer. Cook until it hairs from a spoon, then pour slowly over the stiffly beaten white of an egg, beating steadily. When well mixed add 2 squares unsweetened chocolate, grated, and continue beating until cool and thick enough to spread. If the icing will not thicken (a sign that it was taken off the fire too soon) add a little confectioner's sugar.

### BOILED CHOCOLATE ICING

Dissolve  $1\frac{1}{2}$  squares unsweetened chocolate in a little hot water and add to 1 cup sugar,  $\frac{3}{4}$  cup milk, 1 heaping teaspoon corn starch dissolved in  $\frac{1}{4}$  cup cold water, and boil together until thick.



## Candies



### MOLASSES TAFFY

To 2 cups molasses add 1 cup sugar, 2 tablespoons butter and boil until candy brittles when dropped in cold water. Add  $\frac{1}{4}$  teaspoon soda, stir through, and pour candy on buttered tins. Pull to a light golden color.

### BUTTERSCOTCH

Cook together 2 cups dark corn syrup, 1 teaspoon vinegar and 4 tablespoons butter until candy brittles when dropped in cold water. Add 2 tablespoons butter, and stir until it is thoroughly mixed and melted. Pour candy onto inverted pan and mark in one inch squares.

### MAPLE CARAMELS

Two cups maple sugar,  $\frac{1}{4}$  cup butter,  $\frac{1}{4}$  cup corn syrup and  $\frac{1}{2}$  cup top milk. Stir these ingredients together in a double boiler until the sugar is dissolved, then cook until candy forms a firm ball in cold water. Stir during the last few minutes of cooking to prevent burning. Flavor with vanilla and add  $\frac{1}{2}$  cup chopped English walnuts after taking candy from the stove. Pour into a buttered pan and mark in squares.

### FUDGE

Mix 2 cups sugar,  $\frac{1}{2}$  cup milk, 1 tablespoon butter, 4 tablespoons cocoa and boil without stirring until candy forms a soft ball when dropped in cold water. Remove from fire, add a few drops vanilla, set aside to cool, then pour on a buttered platter and beat with a fork until creamy. Mark in squares immediately.

### SOUR CREAM FUDGE

With 2 cups sugar mix 1 cup sour cream to which 1 teaspoon soda and a little water have been added. Cook until hard ball forms when dropped in cold water. Take the mixture from stove, add  $\frac{1}{2}$  teaspoon vanilla and  $\frac{1}{2}$  cup chopped nuts. Beat until it starts to fudge then pour into a buttered pan. Cut in squares when it has set.

### PENUCHI

Cook together 3 cups brown sugar and 1 cup milk, stirring constantly until the soft ball stage is reached. Remove the saucepan from the fire and add 2 tablespoons butter. Do not stir. Put in a pan of cold water until it is lukewarm then beat until thick and creamy. Add  $1\frac{1}{2}$  cups nut meats and  $1\frac{1}{2}$  teaspoons vanilla. Mix thoroughly and pour into a slightly greased pan to harden. ✓

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## Cookies



### OATMEAL COOKIES

Cream 2 cups brown sugar with 1 cup shortening, add 2 beaten eggs, 1 teaspoon soda dissolved in  $\frac{1}{4}$  cup boiling water, 1 tablespoon vanilla, 2 cups rolled oats and 2 cups flour. Mix well together and drop by spoonfuls on a well-greased pan. Bake in a hot oven.

### RAISIN OATMEAL COOKIES

Beat to a cream  $\frac{2}{3}$  cup butter, 1 cup sugar and 2 well beaten eggs. Sift 2 cups flour with 1 teaspoon salt,  $\frac{1}{2}$  teaspoon soda and 1 teaspoon cinnamon. Add to the butter mixture with  $\frac{1}{2}$  cup milk, 1 cup oatmeal and 1 cup chopped raisins. Drop from spoon on a buttered pan, and bake in a medium oven.

### SOUR MILK COOKIES

Cream 1 cup butter with 2 cups sugar. Add 3 well beaten eggs. Sift 1 teaspoon soda, 2 cups of flour,  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{2}$  a grated nutmeg and add alternately with 1 cup sour milk. Drop on greased pan and bake 15 minutes in a moderate oven.

### DATE KISSES

Blanch  $\frac{1}{2}$  pound almonds and cut lengthwise in thin strips. Stone  $\frac{1}{2}$  pound dates and cut in same way. Beat 4 egg whites very stiff and add 1 cup granulated sugar, almonds and dates. Butter a pan, sprinkle with cracker dust, and drop the mixture from a teaspoon. Bake in a moderate oven 20 minutes.

### DATE DELIGHTS

Mix 1 pound dates stoned and cut small with  $\frac{1}{4}$  pound almonds, grated,  $\frac{3}{4}$  cup granulated sugar and the juice of  $\frac{1}{2}$  lemon. Add the whites of 3 eggs beaten very stiff with a pinch of salt. Dip with a spoon into buttered pan. Then bake very quickly in a moderate oven.

## ROCK COOKIES

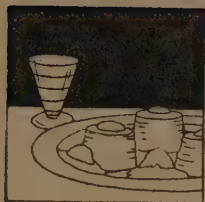
Cream 1 cup butter and 2 cups brown sugar, add 3 well beaten eggs and  $\frac{1}{2}$  cup boiled milk. Stir in 1 level teaspoon soda, 2 cups coarsely chopped walnuts, 1 pound seeded raisins washed and floured, and  $\frac{1}{2}$  teaspoon each of cloves, cinnamon, nutmeg and allspice. Add 3 cups of flour or more if necessary, to make a thick batter, and bake until quite brown on buttered pans.

## PHOEBE'S DOUGHNUTS

Boil 2 large or 3 small potatoes, mash fine and add 1 cup sugar, 1 well beaten egg, 8 tablespoons milk,  $1\frac{1}{2}$  tablespoons melted butter, 4 teaspoons baking powder sifted with  $2\frac{1}{2}$  cups flour, and  $\frac{1}{2}$  teaspoon vanilla. Add more flour if necessary to make dough stiff enough to roll, cut and fry in deep fat. This makes 24 large doughnuts.

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## Entrees and Luncheon Dishes



### EGG TIMBALES

Beat 5 eggs until lemon colored and add 1 cup milk, 1 teaspoon chopped parsley,  $\frac{1}{8}$  teaspoon salt and a sprinkling of red pepper. Fill buttered timbale forms with this mixture and bake in a pan of hot water. Serve with tomato sauce.

### EGG TIMBALES WITH TOMATO

For four people, beat 4 eggs well, add 1 scant cup tomato juice, a pinch of salt, and a teaspoon chopped parsley. Fill 4 buttered moulds, and bake in a pan of hot water like custard. Serve with a cream sauce, with more tomato juice added, if liked.

### EGG AND CHEESE TIMBALES

Mix 3 well beaten eggs with  $\frac{1}{4}$  pound grated swiss cheese,  $\frac{1}{2}$  pint cream, and salt and paprika to taste. Fill well buttered timbale forms and bake 30 minutes.

### ESCALLOPED ASPARAGUS AND CARROTS WITH CHEESE SAUCE

To 1 cup scalded milk add  $1\frac{1}{2}$  tablespoons fat and 2 tablespoons flour which have been creamed together. Add  $\frac{1}{4}$  teaspoon salt and cook in a double boiler for 20 minutes. Remove from stove and add  $\frac{1}{4}$  cup grated cheese. Stir until cheese is melted then add 1 cup asparagus and 1 cup carrots. Pour into a baking dish, sprinkle with  $\frac{3}{4}$  cup buttered bread crumbs and brown in a hot oven.

## EGGS AND SPAGHETTI

Cook  $\frac{1}{2}$  pound spaghetti in boiling salted water until tender—about 20 minutes—and drain in colander. Hard cook as many eggs as desired, slice them and warm in tomato sauce thickened with flour and butter and seasoned with grated cheese. Arrange the spaghetti in a circle on a hot dish, with eggs and tomato sauce in center, sprinkle with chopped parsley and serve.

## SPINACH LOAF

To 4 tablespoons melted butter add 2 cups bread crumbs. Stir in 4 cups heated spinach and 2 tablespoons minced onion, 2 tablespoons lemon juice or vinegar and 1 teaspoon salt. While mixture is hot place in hot serving dish and garnish with slices of hard boiled egg.

## PEA SOUFFLE

Heat 1 can pea soup in a double boiler to almost the boiling point. Remove from fire and beat in 3 beaten egg yolks. Then fold in the stiffly beaten egg whites. Pour into a buttered baking dish and set in a pan of hot water to bake in a slow oven for 20 to 25 minutes. Serve at once.

## CARROT CUTLETS

Mix together 1 cup carrots, boiled and mashed, 2 cups cold boiled rice, 1 well beaten egg, 1 tablespoon canned sweet red pepper, 1 tablespoon minced onion, 1 tablespoon celery salt, paprika and salt. Form the mixture into balls, flattening them in the shape of cutlets. Roll in crumbs, then in egg and again in crumbs. Saute or deep-fry them in drippings. Place a cube of jelly on each cutlet and garnish the dish with parsley.

## CARROT SOUFFLE

Add 1 cup carrots, boiled and mashed, and 1 tablespoon minced onion to 1 cup white sauce. Then add the beaten yolks of 2 eggs and fold in the stiffly beaten whites. Turn the mixture into a buttered baking dish. Set dish in a pan of hot water and bake in a moderate oven for 30 minutes. Serve at once.

### SWEETBREAD PATTIES

Put a pair of sweetbreads in salt water and let them draw on the back of the stove for  $\frac{1}{2}$  hour. Skin and cut in pieces. Mix butter the size of an egg with 2 tablespoons flour, and stir in enough stock to make a creamy mixture. Add 2 eggs and stir, do not boil, in double boiler. Add salt, pepper, a tablespoon of sherry sauce, and a can of small mushrooms. Add sweetbread last. When mixture is heated through, fill patty shells and serve at once.

### CAVIAR AND GELATINE SANDWICHES

Dissolve plain gelatine in boiling consomme, and fill small hollow moulds. Drop 2 appetitsils (small salted and spiced sardines) into each mould. Cut toast in an oval shape, slightly larger than gelatine moulds, butter the edges. Chop the whites of 2 hard cooked eggs very fine with parsley, and dip toast on the edges. When gelatine is cold place it on the toast, fill cavity with caviar, and garnish top of each sandwich with the yolks of eggs chopped fine with parsley. Serve on lettuce leaf. This recipe may be used as an appetizer also.

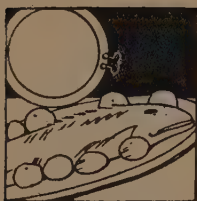
### VEGETABLE SANDWICH FILLING

To equal amounts of mixtures of (1) chopped canned beets and cottage cheese, (2) egg yolk and cooked spinach, (3) shredded celery tops, cream or cottage cheese and sliced tomato, (4) canned string beans, onion and minced radish, add salad dressing or lemon juice until mixture is thin enough to spread evenly.

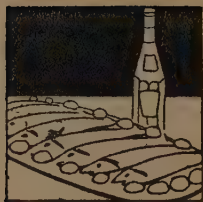
### COTTAGE CHEESE

Let skim milk sour until it is thick, then heat to about 98° F. over a pan of hot water and set aside for 15 minutes. Pour into cheesecloth bag and let drain for  $\frac{1}{2}$  hour. Add salt and a small amount of cream. Olives, pimientos or chopped parsley may be added if desired.





## Fish



### CREAMED FINNAN HADDIE ON TOAST

To each cup of haddie, cut in small pieces, allow  $1\frac{1}{2}$  cups hot milk, 2 tablespoons butter, 1 tablespoon flour and  $\frac{1}{2}$  teaspoon pepper. Mix pepper and flour in saucepan with butter and cook until smooth. Salt to taste and serve on toast.

### SWEET AND SOUR FISH

In 2 cups salted water place some parsley, 2 onions cut small, 3 bay leaves, 4 cloves, 1 slice lemon, 1 carrot and a stalk of celery, diced, and boil until soft. Pepper and salt a blue or weakfish and boil 15 minutes in this vegetable water. Drain the fish and remove to a platter, pouring over it the following sauce:

One Lepkuchen (a kind of fish cake procurable in delicatessen stores) cut in small pieces. Add  $\frac{3}{4}$  cup granulated sugar,  $\frac{3}{4}$  cup vinegar, some raisins and chopped almonds, and  $1\frac{1}{2}$  cups of strained gravy from the fish. Boil until sauce thickens—about  $\frac{1}{2}$  hour.

### CODFISH BALLS

Soak cod 3 days, boil, and when cold pick over well. Boil potatoes, peel and mash while hot. Add shredded fish to the hot potatoes, with pepper and grated onion, and 1 beaten egg. Fry in hot fat, covering after they have been turned once.

## FISH MOUSSÉ

Make a thick cream sauce by melting 2 tablespoons butter, adding 2 pounds flour and, gradually, 1 cup milk, 1 teaspoon salt and  $\frac{1}{4}$  teaspoon cayenne pepper. Cook this 3 to 5 minutes, until very thick, then stir in the well beaten yolks of 2 eggs. While this is cooling, cook slightly  $1\frac{1}{2}$  pounds of salmon or halibut, and free from skin and bones. Rub fish through a strainer with wooden potato masher, and add slowly to the strained fish the well beaten whites of 2 eggs, stirring with a wooden spoon 12 minutes. Add the cold cream sauce by the tablespoonful, and let the mixture chill for 1 hour. Whip  $\frac{1}{2}$  pint of cream and add; oil a mould and bake fish like custard for 25 minutes. Serve with shrimp or lobster sauce.

## FISH IN SHELLS

Cut in pieces  $1\frac{1}{2}$  pounds of any preferred fish, and boil in salted water. Soak 2 rolls, squeeze dry; mix with 2 beaten eggs, salt and pepper and a little chopped parsley. Melt 1 tablespoon butter in a pan and add bread mixture. Add to fish with a small amount of grated onion. Bake in small shells topped with bread crumbs.

## HERRING SALAD

Soak 6 smoked herrings in water, remove skin and bones, and chop fine. Mix with 5 green apples, 5 onions and  $\frac{3}{4}$  pound walnuts, chopped fine, and 1 cup cider vinegar. Serve on lettuce with mayonnaise.

## FILET FLOUNDER WITH SHRIMP SAUCE

Place flounder on a dish with lemon juice squeezed over it, and place on ice for 4 hours. Put over pan of boiling water, dot with butter and steam  $\frac{1}{2}$  hour. Make a cream sauce, using the lemon juice from the fish, and adding shrimps. Pour hot over the fish on a platter.

## GEFILTE FISH

Take 3 or 4 pounds of fish, wash, scale and clean. The head may be left on if preferred. Wash the fish well in several waters, and rub with salt inside and out. Let stand for an hour, wash again and remove bones. Now remove part of the meat—this requires great care, as the skin must not be broken. Mince the fish that has been removed and add to it 3 cups moist bread crumbs, 2 teaspoons chopped parsley,  $\frac{1}{4}$  teaspoon nutmeg, 2 teaspoons melted butter, 2 tablespoons ground almonds, 1 finely chopped onion, and seasonings to taste. Place this dressing in the fish and tie in shape. Place in the fish boiler 2 cups water, 1 minced onion and 1 carrot sliced, and cook until vegetables are soft. Put in the stuffed fish and simmer for one hour. When done, remove fish and strain the stock. Place 1 cup of the fish stock in a saucepan and add 4 gingersnaps,  $\frac{1}{3}$  cup brown sugar, 2 tablespoons vinegar, 2 tablespoons lemon juice,  $\frac{1}{2}$  teaspoon onion juice,  $\frac{1}{4}$  cup chopped raisins and 1 lemon cut in slices. Cook until smooth and thick. Pour over fish and serve cold.

## SALMON LOAF

Mix in order given: 1 cup flaked cooked salmon, 1 cup stale bread crumbs soaked in 1 cup scalded milk, 1 teaspoon salt, 1 tablespoon butter,  $\frac{1}{2}$  teaspoon onion juice, 2 egg yolks beaten, 1 teaspoon lemon juice, 2 stiffly beaten egg whites folded in last. Drop mixture into a well greased and crumbed pan, and bake in a moderately hot oven.

## LOBSTER à la SHERRY

Boil the lobster in salted water 25 minutes. When cold remove from shell, add salt and red pepper and 1 wine glass sherry sauce, and steam through. Add to 4 beaten egg yolks and 1 cup cream, and stir in double boiler until mixture thickens. Serve on toast.

## LOBSTER à la NEWBURGH

Boil a lobster in salted water to which a few drops of vinegar have been added. Remove from shell and cut in small pieces. Make a sauce of 3 egg yolks,  $\frac{1}{2}$  bottle cream, a piece of butter the size of an egg, salt, paprika and sherry sauce. Stir all together over the fire, add lobster and, lastly, sherry sauce. Serve on toast.

## DEVILLED CRABS OR LOBSTERS

Pick over and shred crab or lobster meat. Soak 3 slices stale bread in cold water, press very dry, and rub to a paste with 1 heaping tablespoon butter. Mix with 1 egg, Worcestershire sauce, ketchup,  $\frac{1}{2}$  cup cream, salt, a pinch of cayenne pepper and crab or lobster meat. Fill shells with the mixture, sprinkle with cracker dust, dot with butter, and bake.

## DEVILLED CRABS

Pick over 1 pound crab meat. Scald 1 cup milk; blending meanwhile 2 tablespoons melted butter and 2 tablespoons flour. Pour milk over gradually, stirring constantly to prevent lumping. Add  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon mustard, 1 teaspoon lemon juice,  $\frac{1}{2}$  teaspoon Worcestershire sauce, and a pinch of cayenne pepper. Pour this sauce over the crab meat, and mix thoroughly. Half fill shells, cover with grated bread crumbs and dot with butter. Bake 15 minutes.

## DEVILLED OYSTERS

Drain oysters and put bread to soak in raw gravy. Chop 1 onion fine and brown it in butter. Remove from fire and add 2 eggs, a little chopped parsley,  $\frac{1}{2}$  green pepper chopped fine, mix with bread, and add oysters, chopped. Fill shells, cover with grated cheese and cracker crumbs and bake.

## CREAMED OYSTERS

Cook oysters in juice and drain. Make a sauce of butter, flour, red pepper, salt and cream, flavored with sherry sauce, and add the drained oysters. Heat through and serve on toast or in shells.

## OYSTERS AND ASPARAGUS TIPS POULETTE

Cut raw oysters in small pieces, size of a lima bean, and add with asparagus tips to Sauce à la Newburgh. (See page 29.) Serve on thin hot toast.

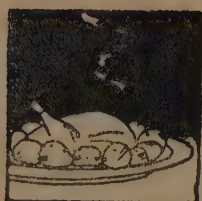
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—❧ { Notes } ❧—





## Meats



### CHOPPED MEAT AND RICE

Mix together equal parts of freshly boiled rice and chopped round steak, add a can of tomatoes and put a layer of cracker crumbs over mixture in buttered baking dish. Dot with butter and bake until brown.

### CHICKEN EN CASSEROLE

Pot chickens in a tablespoon butter and season with salt, pepper, ginger and bay leaf. Cook 6 onions, carrots, turnips, potatoes, celery and a tablespoon of tomatoes separately in soup stock with giblets. When chickens are done, thicken vegetables with a little flour, pour over chickens and serve.

### SWEET AND SOUR TONGUE

Boil tongue in salted cold water, almost covered, until tender. Skin, strain water, and skim fat. Boil together until thick (1 hour) a Lepkuchen (fish cake), a slice of lemon, 1 white onion, sliced, 1 cup granulated sugar and 1 cup vinegar, with stock from tongue. Boil tongue in this sauce ten minutes, leaving pot uncovered.

### VIRGINIA HAM

Soak ham overnight in cold water, drain, put in cold water (clean) and boil until tender, between 5 and 6 hours. Let it cool in the water, then pull skin off, cut coat in squares, cover with brown sugar and stick a clove in each square. Roast 1 hour. Pour over sherry sauce.

### MEAT RECHAUFFE

Fry 3 small onions, sliced, in 2 tablespoons butter until brown. Add 1 cup soup stock, 1 cup left-over meat cut in small pieces,  $\frac{1}{2}$  cup gravy, 3 diced potatoes,  $\frac{1}{2}$  cup carrots,  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{8}$  teaspoon pepper. Cook slowly until vegetables are tender then add  $\frac{1}{2}$  cup prune juice and boil 5 minutes. Turn out on a dish and garnish with a ring of cooked prunes.

### CROQUETTES

Cook 1 cup cream with 3 teaspoons flour until thick, and let cool. Chop left-over meat fine, and mix with a grated onion, pepper, salt, chopped parsley, 1 egg and the cream sauce. Roll in cracker crumbs and fry in deep fat.

### TRIPE à la CREOLE

Boil tripe in clean cold water 3 times, 10 minutes each. Make a sauce of  $\frac{1}{2}$  can tomatoes, 1 cup water, 2 white onions, sliced fine and browned in butter, 1 sliced green pepper, ketchup and Worcestershire sauce, boiled together. Before serving thicken with a teaspoon of cornstarch, diluted with cold water. Do not cover pan.

### LENTILS AND WURST

Clean and wash 1 pound of lentils and put them in pot with 1 tablespoon fat, salt, 4 cloves of garlic chopped fine and water to cover. When cooked soft, mix  $\frac{1}{2}$  cup flour with cold water, add, and boil  $\frac{1}{4}$  hour longer. Add wurst and boil 30 minutes.

### RISSOLES

Mix together 1 egg white, 1 tablespoon melted butter, 1 cup water and a little salt. Put this mixture into 4 cups flour made into a cone-shaped well. Work dough up until smooth then cut in slices and roll out thin with a rolling pin. Put a mixture made of 2 cups chopped chicken or veal, 1 chopped onion, 1 egg yolk, salt and pepper here and there on these slices. Fold them over and cut with a biscuit cutter. Boil these in slightly salted water for 5 minutes. Remove from water and drain. Put in oven until light crust forms over the top.



## Pastries



### PIE CRUST

Beat to a cream 2 heaping tablespoons fat or butter, add a pinch of salt, sugar to taste,  $\frac{1}{2}$  glass ice water and  $1\frac{1}{2}$  cups sifted flour. Bake on inverted pan.

### LEMON PIE

Cook in a double boiler the well beaten yolks of 7 or 8 eggs mixed with 1 cup powdered sugar and the juice of 2 or 3 lemons, and stir until as thick as condensed milk. Remove from fire, stir in half the beaten egg whites, mix thoroughly and fill baked pie crust. Beat remainder of egg whites very stiff with powdered sugar for the meringue topping of the pie, sprinkle with powdered sugar and brown in a quick oven.

### PHOEBE'S LEMON PIE

**Pastry**—Mix to a cream  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup granulated sugar and 1 egg; add flour enough to roll out (about one cup) line pie plate and bake.

**Filling**—Put in double boiler 1 cup sugar, 1 cup water, 1 teaspoonful butter, 1 grated lemon peel and the juice of 3 lemons. Cook until it steams. Pour boiling mixture over the well beaten yolks of 4 eggs and 2 teaspoons cornstarch, mix and return to boiler, stir until thick and let cool. Beat 4 egg whites stiff, and add  $\frac{1}{4}$  to the mixture. Fill previously baked pastry shell with cold mixture, and cover with a meringue made from the remaining egg whites mixed with sugar to taste. Brown in a hot oven.

### PUMPKIN PIE

Mix together 1 cup cooked pumpkin, 1 cup sugar, 2 egg yolks and 1 cup milk. Add  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon nutmeg and  $\frac{1}{2}$  teaspoon cinnamon. Place the mixture in the unbaked pie crust and bake for 10 minutes in a hot oven, then reduce the heat and continue baking until the filling is done. Serve with or without whipped cream.

### PUMPKIN PIE

Mix in order given: 1 quart milk, 4 cups strained and drained cooked pumpkin, 4 eggs,  $1\frac{1}{2}$  cups granulated sugar well beaten together, 1 teaspoon salt, 1 tablespoon ginger and  $\frac{1}{2}$  nutmeg grated. Mix well and bake this custard in a deep pie plate lined with pastry.

### PUMPKIN PIE FILLING

Mix 2 cups pumpkin, 1 cup sugar, 1 teaspoon salt, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{4}$  teaspoon nutmeg and 1 tablespoon orange juice with 5 slightly beaten eggs. With this mixture combine 1 cup scalded milk, 1 cup cream and  $\frac{1}{3}$  cup molasses which have been well blended together. Fill raw pie crusts with the mixture and bake from  $\frac{3}{4}$  of an hour to 1 hour in a slow oven. Serve with whipped cream.

### RAISIN PIE FILLING

Cook 2 cups raisins in  $1\frac{1}{2}$  cups boiling water for 5 minutes. Add 1 cup sugar mixed with 4 tablespoons cornstarch, and cook until thick. Remove from fire and add the juice of 2 lemons, 1 tablespoon grated lemon rind, the juice of 1 orange, 1 tablespoon grated orange rind, and 1 cup chopped walnuts. Bake between two crusts.

### CARROT PIE

Mix together 1 cup cooked carrots, mashed,  $\frac{3}{4}$  cup sugar, 2 well beaten eggs and  $\frac{3}{4}$  cup cream. Add 1 teaspoon allspice and a pinch of salt. Fill unbaked pie crust and bake until filling is done.

### PUFF PASTE

Mix  $\frac{1}{4}$  cup butter with  $\frac{1}{2}$  pound flour. Add 1 egg yolk, mixed in  $\frac{1}{2}$  cup ice water. Roll out thin—add  $\frac{3}{4}$  cup butter by degrees and roll out again. Add salt,  $\frac{1}{2}$  wine glass rum sauce, and leave on ice for 2 hours before using.

### CORNUCOPIAS

Weigh 4 eggs in the shell. Beat eggs well, add the same weight of powdered sugar, and stir 15 minutes. Add flour same weight as eggs, and vanilla. Make thin squares of the batter on a buttered tin and bake a light yellow. While warm roll into cornucopias, filling with cream when cold.

### MERINGUE

Beat 2 egg whites very stiff, stir in slowly  $\frac{1}{2}$  cup granulated sugar and spread on pie or pudding with a knife, or apply through a pastry tube. In making this meringue, it takes some time to stir in the sugar slowly enough, but it is important that it be mixed thoroughly. Bake a golden brown in very slow oven.

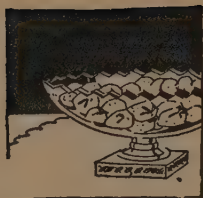
### MERINGUE SHELLS

To the stiffly beaten whites of 2 eggs add gradually  $\frac{2}{3}$  cup granulated sugar, beating steadily as it is added. Add  $\frac{1}{2}$  teaspoon vinegar and  $\frac{1}{2}$  teaspoon vanilla. Drop a heaping tablespoonful for each shell on a buttered tin, a small distance apart, as they spread. Bake until firm all the way through and a light golden brown color, in a very slow oven.

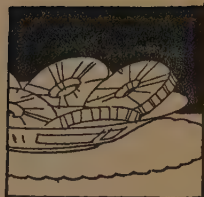
### MERINGUE TART

Beat the whites of 6 eggs to a thick froth, adding gradually 2 cups granulated sugar. Flavor with vanilla and add 1 tablespoon vinegar. Place mixture in a buttered spring form and bake 45 minutes in a cool oven. When the cake begins to turn yellow, open the oven door. Before serving fill the top with firm custard made with fresh fruits and cover with whipped cream.





## Preserves



### CRANBERRY JELLY

Put berries on to boil with just enough water to cover. When the berries are soft, mash through a sieve and for each cup of the juice, which will be very thick, allow 1 cup granulated sugar. Place mixture on stove, and let it boil 5 minutes, not a second longer. Then pour into moulds that have been rinsed in ice water.

### ORANGE JELLY

Soak 2 tablespoons gelatine for 5 minutes in  $\frac{1}{2}$  cup cold water. Dissolve in  $\frac{1}{2}$  cup boiling water and add  $\frac{1}{2}$  cup sugar, 1 cup orange juice and 3 tablespoons lemon juice. Strain into a mold and let stiffen. Cut in cubes and serve in orange baskets or half skins of oranges cut in points.

### GRAPE JELLY

Pick grapes from stems, wash, crush and boil 20 minutes. Put in a jelly bag to drop overnight, but do not squeeze. Measure juice, boil ten minutes, add an equal amount of sugar that has been warming in the oven, and boil 3 minutes more, or until a drop jellies on a cold dish or spoon.

### APPLE JELLY

Cook quartered apples with enough water to cover until a mush, put in a jelly bag, and drip overnight. Measure juice and boil 20 minutes, skimming when necessary; while it is cooking, heat an equal amount of granulated sugar in the oven and stir it in. Cook 5 minutes longer until jelly forms when dropped on saucer.

### ORANGE MARMALADE

Put through food chopper or slice very thin 12 oranges, 1 grape fruit and 4 lemons, including rind. Put into 4 quarts water and let stand in open 36 hours. Boil until tender, add 8 pounds cane sugar, and cook until it jellies.

### PLAIN ORANGE MARMALADE

Slice very thin (including rind) and remove seeds from 6 oranges and 2 lemons. To each pint of sliced fruit and juice add 3 pints of water. Let this mixture stand overnight and then boil until the fruit is tender. Allow the boiled fruit and water to stand overnight again and then to each pint of the boiled mixture add  $1\frac{1}{4}$  pints sugar, stirring it very thoroughly. Boil rapidly until a drop jellies on a cold dish or spoon.

### ORANGE AND LEMON MARMALADE

Slice as thin as possible 3 oranges and 2 lemons from which seeds have been removed. Let stand with 5 cups of water in preserving kettle for 36 hours. Bring to boiling point and let boil 2 hours. Add 5 cups sugar and boil 1 hour. Turn into glasses and let stand until firm. Cover with melted paraffin.

### GRAPEFRUIT MARMALADE

Slice very thin 1 orange, 1 lemon, and 1 grapefruit, rejecting only seeds and core of the grapefruit. Measure fruit and add 3 times the quantity of water. Let stand in an earthen dish overnight and next morning boil for 10 minutes. Leave again until next day, then boil 2 hours. Measure, add an equal amount of sugar, boil, stirring occasionally until it sheets from the spoon. Pour into glasses and let stand, covered with cheesecloth, until firm, then cover with melted paraffin.

### ORANGE, GRAPEFRUIT AND LEMON MARMALADE

Cut in thin slices 2 large grapefruits, 6 large oranges and 4 lemons, including rind. Add 1 pint of water to each pound of fruit. Let stand 24 hours. Bring to a boil and let boil 20 minutes then let stand again for 24 hours. Bring to a boil and to every measure of fruit and juice add 1 of sugar. Cook until it jellies.

## *Preserves*

### PEACH MARMALADE

Pare and slice 25 peaches. Cut in small pieces the rind from 6 oranges. Add 1 cup sugar for each cup of mixed fruit. Cook until clear and tender.

### ECONOMY MARMALADE

Put through food chopper 1 pound of carrots which have been scraped, 4 lemons and 2 oranges, skins and all. To each cup of this mixture add 1 cup sugar. Boil until the mixture jellies.

### PRESERVED PLUMS

Cook together for 2 hours 6 pounds box plums, pitted, 6 pounds granulated sugar, 4 large oranges (put through food chopper) and 1 pound seeded raisins.

### STRAWBERRY PRESERVES

Wash 1 box strawberries with hulls on, then stem and clean. Add (for every box used) 1 pound sugar and 1 teaspoon white vinegar, and let cook until berries have boiled quickly for 20 minutes.

### GRAPEFRUIT PRESERVES

Peel the grapefruit very thick, halve and remove core. Then slice and place pulp in a granite kettle with very little water and cook at moderate heat. When at boiling point add  $\frac{3}{4}$  pint of sugar to each pint of fruit pulp and juice. Cook slowly for 15 minutes. Seal in small jars.

### CRAB APPLE CONSERVE

Put through a coarse grinder 6 pounds crab apples, 1 pound raisins and 2 oranges. Add 5 pounds sugar, 1 pint vinegar, 1 teaspoon cinnamon and  $\frac{1}{2}$  teaspoon cloves. Cook together slowly until the consistency of preserves.

### CANDIED ORANGE PEEL

Put peel from 8 oranges in cold water. Bring to boiling point and cook slowly until very tender. Drain and cool in cold water. Remove membrane and soft portion. Put the peel in a syrup made from 1 cup sugar and  $\frac{1}{2}$  cup water and cook gently until syrup is evaporated and peel looks clear. Drain on wire cake cooler and dry thoroughly in air.

## CHOCOLATE CANDIED ORANGE PEEL

Melt confectioner's dripping chocolate in saucepan over hot water. (Let water come to boiling point and remove from fire.) Beat until cool then dip pieces of candied orange peel separately in the chocolate. Lay on paraffin paper or white oilcloth and cool quickly.

## PRESERVED FIGS

Boil together slowly for 4 hours 1 quart water, 3 cups sugar, 1 lemon sliced without rind, and 6 pounds figs.

## PEPPER RELISH

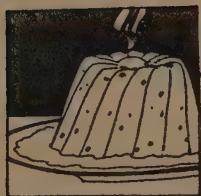
Put through the food chopper 1 dozen sweet green peppers, 1 dozen sweet red peppers (sauce size) and 1 dozen small white onions, mixing them as you do so. Pour boiling water over ground mass, and let mixture stand 15 minutes. Pour off water and pour over boiling water a second time. This second water may be poured off in 10 minutes. Boil mixture in syrup made from 3 pints vinegar, 3 cups sugar and 2 tablespoons salt for from  $\frac{3}{4}$  hour to 1 hour. Seal while hot. This recipe makes a little over 2 quarts.

## TOMATO SOY

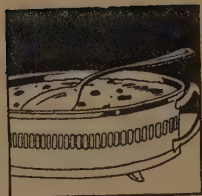
Boil together for 1 hour  $\frac{1}{2}$  peck ripe tomatoes, 1 large green pepper, 1 onion, 1 tablespoon ground allspice, 1 tablespoon celery seed,  $\frac{1}{4}$  cup salt, pepper to taste,  $\frac{1}{2}$  pint vinegar and a little sugar. Seal in jars for winter use.

## SATSUMA PLUM CATSUP

Boil 5 pounds Satsuma plums in 1 pint vinegar until soft, add 2 pounds sugar, 1 tablespoon salt,  $1\frac{1}{2}$  tablespoons black pepper, 1 tablespoon cloves and 1 tablespoon cinnamon, and cook 15 minutes.



## Puddings



### BROWN BETTY

Prepare 2 cups of bread crumbs, pare and cut fine 1 quart apples. Grease pan well and cover with bread crumbs. Put a layer of apples, then bread crumbs, powdered cinnamon, raisins, currants and almonds, then bread crumbs, etc. Repeat until apples are used, having the top layer of bread crumbs dotted with butter. Bake  $1\frac{1}{2}$  hours.

### MATZOTH CHARLOTTE

Break 6 matzoths in small pieces, soak them in water, and squeeze dry. Mix with the beaten yolks of 6 eggs, sugar according to taste, a handful of raisins and almonds, the grated rind and the juice of 1 lemon, and nutmeg. Last fold in the stiffly beaten egg whites, and bake in buttered pudding dish or mould.

### DATE PUDDING

Stir 1 cup sugar into the beaten yolks of 2 eggs. Add 1 teaspoon baking powder to the beaten egg whites. Mix carefully, adding 1 cup chopped dates and 1 cup pecans which have been dredged with flour. Steam for about 3 hours and serve with whipped cream.

### DATE FORTE

Beat the yolks of 6 eggs with 1 cup granulated sugar for 20 minutes. Add 13 dates chopped fine,  $\frac{3}{4}$  cup grated chocolate,  $\frac{3}{4}$  cup grated almonds,  $\frac{1}{4}$  tumbler sherry sauce and rum sauce mixed,  $\frac{1}{2}$  teaspoon baking powder, and  $\frac{1}{2}$  cup cracker dust. Fold in stiffly beaten egg whites last. Put in buttered baking dish and bake 1 hour in slow oven.



### LEMON JELL-O DESSERT

Dissolve 1 package lemon jell-o in hot water. When it starts to set beat with 1 bottle whipped cream and  $\frac{1}{2}$  No. 2 can grated pineapple. Pile in sherbet glasses, chill and serve.

### PLUM PUDDING

Mix in order given: 6 ounces butter,  $\frac{1}{2}$  pound sugar,  $\frac{1}{2}$  pound stale bread,  $\frac{3}{4}$  pound seeded raisins,  $\frac{1}{2}$  pound currants,  $\frac{1}{4}$  pint milk,  $\frac{1}{2}$  gill brandy sauce,  $\frac{1}{2}$  grated nutmeg,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  teaspoon allspice, rind and juice of  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  teaspoon salt, 5 beaten eggs,  $\frac{1}{8}$  pound citron. Steam 5 hours. Sauce— $\frac{1}{4}$  pound sweet butter rubbed to a cream. Add powdered sugar until  $\frac{1}{2}$  cup has been used, and  $\frac{1}{2}$  wine glass rum sauce, added gradually.

### PLAIN PLUM PUDDING

To  $1\frac{1}{2}$  cups raisins and  $1\frac{1}{2}$  cups currants which have been dredged with flour, add  $1\frac{1}{2}$  cups suet, 2 cups bread crumbs, 1 cup chopped citron, 1 cup chopped walnuts (or almonds), 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves, 1 teaspoon nutmeg, 1 cup sugar, 4 eggs, 2 teaspoons baking powder and 1 teaspoon salt add  $\frac{1}{2}$  cup of any fermented fruit juice, such as grape juice or cider. Mix thoroughly and steam from 3 to 4 hours.

### YULETIDE PLUM PUDDING

Combine in order given:  $\frac{1}{2}$  cup chopped kidney suet,  $1\frac{1}{2}$  cups grated zwieback,  $\frac{1}{2}$  cup flour mixed with  $\frac{1}{4}$  teaspoon baking powder, 1 cup dried currants well washed, 1 cup chopped citron, 1 cup chopped raisins,  $\frac{1}{2}$  wine glass rum sauce, 2 cups sugar, 1 teaspoon cinnamon,  $\frac{1}{4}$  teaspoon cloves,  $\frac{1}{4}$  teaspoon allspice and 6 eggs, yolks and whites beaten separately, and the whites folded in last.

### PRUNE WHIP

Soak overnight  $\frac{1}{2}$  pound prunes, stew for  $\frac{1}{2}$  hour, adding  $\frac{1}{2}$  cup sugar while boiling. When cool, chop fine and stir in the stiffly beaten whites of 5 eggs, with  $\frac{1}{2}$  cup granulated sugar. Pour into buttered pudding dish, bake  $\frac{1}{2}$  hour in slow oven and serve at once with cream sauce, flavored with lemon.

## *Puddings*

### STRAWBERRY DESSERT

Beat all together the white of 1 egg, 2 cups mashed berries,  $\frac{1}{2}$  cup sugar, a pinch of salt, and 1 tablespoon orange juice. Chill and serve in sherbet glasses.

### CHOCOLATE PUDDING

Combine 1 cup butter, 2 cups powdered sugar, 2 cups flour, 1 cup grated chocolate, the juice and grated rind of  $\frac{1}{2}$  lemon and 1 teaspoon vanilla. Bake in pan. Serve with whipped cream.

### FLOATING ISLAND

Scald 1 pint milk. Beat 3 egg whites very stiff, add one tablespoon pulverized sugar, beat slightly, and drop spoonfuls of the stiff whites on top of scalded milk. Let them cook 2 or 3 minutes until firm, lift out on a plate and pour the scalded milk over 3 egg yolks beaten well with 4 tablespoons sugar and  $\frac{1}{4}$  teaspoon salt. Put this mixture in double boiler and stir until it thickens. When nearly cool, stir in  $\frac{1}{2}$  teaspoon vanilla, and pour into sherbet glasses. Place whites on top and put in a cold place until ready to serve. When serving drop one teaspoon jelly on each "island."

### RICE PUDDING

Beat 2 eggs, add  $\frac{1}{2}$  cup sugar, 2 cups milk and a little nutmeg, and stir through 2 cupfuls boiled rice with  $\frac{1}{2}$  cup raisins. In baking, leave in the oven until pudding is so firm that a silver knife inserted will be dry when withdrawn.

### MACAROON PUDDING

Dissolve 2 tablespoons plain gelatine in 1 pint cold milk, let stand 10 minutes, and stir in double boiler to dissolve thoroughly. Cream well the yolks of 3 eggs with  $\frac{1}{2}$  cup sugar, pour into gelatine mixture and stir well, flavor with vanilla. When cool, fold in the 3 egg whites, stiffly beaten. Line a mould with  $\frac{1}{4}$  pound macaroons and mixture, putting in alternate layers. Leave in icebox overnight to set.

### APPLE ZWIEBACK PUDDING

To 6 large apples cut in slice and 16 zwieback put through chopper, add 1 scant cup powdered sugar and 1 cup butter which have been creamed together for  $\frac{1}{2}$  hour. Add the beaten yolks of 4 eggs, the grated peel of  $\frac{1}{2}$  lemon, a pinch each of salt, cinnamon and cloves, and lastly the 4 stiffly beaten egg whites. Bake  $\frac{3}{4}$  hour in a slow oven, with the dish set in a pan of hot water.

### RICE AND APPLE PUDDING

Wash, pare and core 6 medium sized apples, place in a saucepan, cover with water, add 1 cup sugar and the rind of  $\frac{1}{2}$  lemon or orange, and cook slowly until nearly tender. Remove apples from the syrup and fill centers with raisins. Put 2 cups cooked rice in a baking dish and place apples on top. Cook the syrup until reduced one half, add 2 tablespoons butter and pour over the apples and rice. Sprinkle with  $\frac{1}{4}$  teaspoon cinnamon and 2 tablespoons sugar, and bake 20 minutes. Serve hot or cold with cream.

### BIRD'S NEST PUDDING

Peel and core 4 large green apples, cut tops off for covers, scrape out inside. Mix with diced apple  $\frac{1}{2}$  cup almonds, raisins, currants, citron chopped fine and 1 tablespoon sugar. Fill apples, cover with tops, and bake until tender. Put in well greased pudding dish, and pour over a custard made from the well beaten yolks of 4 eggs, 4 tablespoons sugar, vanilla or lemon flavoring, and the beaten whites folded in last. Bake a few minutes until custard is set.

### BREAD PUDDING

Butter pan or dish, and cover the bottom with caramelized sugar and slices of buttered toast. Over the toast strew chopped almonds and sultana raisins. Pour over this a custard made of 6 well beaten eggs, 6 tablespoons granulated sugar, 1 pint milk, and vanilla to taste. Put dish in pan of hot water and bake slowly until custard is firm—about  $\frac{3}{4}$  hour. The mixture should be allowed to soak for a while before putting in the oven.

## CORNSTARCH PUDDING

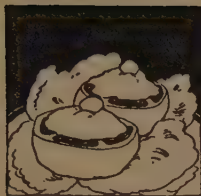
Beat 1 egg until light. Mix 4 level tablespoons cornstarch with 3 tablespoons sugar. Scald 2 cups milk, after first pouring a few spoonfuls on the cornstarch to wet it thoroughly. When the milk is hot, add the moistened cornstarch and sugar, the beaten egg and a few pieces of lemon rind for flavoring. Cook gently 10 minutes in double boiler. Pour in moulds to set.

## CHICKEN GELATINE

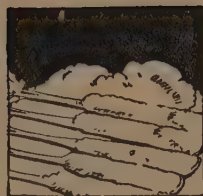
Pull off the thick skin from chicken feet and remove the toes. Add just enough water to cover them and simmer for 2 hours. Strain off liquid, add 4 egg whites to the jelly and boil the mixture for 5 minutes. Let cool 20 minutes then strain through 2 thicknesses of cheesecloth. Leave in a cool place overnight. Remove any fat that has solidified on the surface and combine with fruit juices or flavoring.

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—❧{ Notes }❧—



# Salads and Salad Dressings



## CHICKEN SALAD

One of the very finest chicken salads is made by cooking chickens so that dark meat will be nearly as white as the breast. Place a large chicken in boiling water with a bay leaf and 1 onion in which has been pressed 6 cloves; bring to a boil and let boil rapidly 5 minutes. Reduce the heat and cook until tender in the broth. When chicken is cold remove skin, fat and bones and cut in half-inch cubes. To each 2 cups prepared chicken, sprinkle over 1 tablespoon lemon juice and set on ice to chill. When ready to serve, mix  $\frac{2}{3}$  chicken with  $\frac{1}{3}$  celery cut same size, with a dressing made by rubbing fine the yolks of 2 hard-cooked eggs with 1 teaspoon salt, 1 teaspoon mustard, 2 teaspoons sugar, and olive oil, a drop at a time. When smooth and light add the stiffly beaten white of 1 egg and 4 tablespoons lemon juice a little at a time. Place salad in lettuce-lined bowl and garnish with halves of olives and slices of hard-cooked eggs.

## JELLIED TOMATO SALAD

Boil 1 can tomatoes with 1 small sliced onion, 6 cloves, and  $\frac{1}{2}$  cup chopped celery, and strain through a jelly bag. Season with salt and pepper, and add 1 envelope gelatine which has been dissolving in a few spoonfuls cold water. If gelatine does not melt at once in the warm tomato juice, set over the fire for a few minutes and then put in small moulds and set away to harden overnight. Turn out on lettuce leaves, garnishing with shredded cabbage and a spoonful of mayonnaise atop each mould.



## *Salads and Salad Dressings*

### TONGUE IN TOMATO JELLY

Combine 1 can condensed tomato soup with 1 cup water,  $\frac{1}{2}$  a seeded green pepper chopped fine, 1 teaspoon finely minced onion and  $\frac{1}{2}$  teaspoon salt. Simmer for 5 minutes and add 1 tablespoon granulated gelatine which has been soaked in  $\frac{1}{4}$  cup of cold water for 10 minutes. Stir until completely dissolved and add  $\frac{1}{2}$  cup canned peas. Arrange in a cold wet mould 1 luncheon tongue which has been diced. Pour the hot tomato mixture over it and chill. Unmold and serve on crisp endive or lettuce.

### EGG AND TOMATO SALAD

Put through a ricer 1 hard-cooked egg for each serving, add butter, salt, pepper and a little Worcestershire sauce to moisten. Mould in timbale forms, turn out each mould on a slice of tomato on lettuce leaves, and garnish with mayonnaise and a sprinkling of chopped parsley or paprika.

### EGG SALAD WITH MAYONNAISE

Cut in halves lengthwise one hard-cooked egg for each serving, remove yolks, mash them fine and add  $\frac{1}{2}$  teaspoon mustard, salt, pepper, chopped parsley, finely chopped celery, and a little vinegar and lemon juice to moisten. Refill egg whites with this mixture, and arrange on lettuce leaves two filled halves to each serving. Make a regular mayonnaise of eggs, oil and lemon, and add for flavoring mustard, paprika, pepper, salt, finely chopped chives and olives, a little sugar, and enough chili sauce to color, and garnish salad.

### VEGETABLE NEST SALAD

Dip in French dressing 1 cup diced carrots, 1 cup canned lima beans and 1 cup canned peas. Arrange  $\frac{1}{4}$  head cabbage in a nest and place the vegetables in separate little piles to resemble eggs in the nest.

### CUCUMBER AND CARROT SALAD

Slice fresh cucumbers and a bunch of small new carrots, boiled, in thin strings and arrange on a bed of crisp lettuce. Serve with mayonnaise or a boiled dressing, and garnish with hard-cooked eggs put through a ricer.

## CARROT AND CREAM SALAD

Mix lightly together 1 pint raw grated carrots,  $\frac{3}{4}$  cup grated cheese, salt and paprika. Serve on lettuce with French or boiled dressing.

## CHEESE AND PEAR SALAD

Arrange 6 canned pear halves individually on nests of crisp lettuce leaves, fill pear hollows with grated American cheese (using  $1\frac{1}{2}$  cupfuls in all) and top with mayonnaise. Fresh pears may be used if they are very ripe. In this case, sprinkle with lemon juice and a very little sugar, cover and let stand 15 minutes before using.

## CRAB SALAD

Scald crabs, open, boil claws, take meat out and shred. Make a salad with mustard dressing, and arrange on shredded lettuce leaves.

## RED CHERRY SALAD

Strain juice from 1 can red cherries or 1 pint fresh stewed cherries (there should be 1 cup) and let come to a boil with 1 cup sugar. In the meantime, soak  $1\frac{1}{3}$  tablespoons granulated gelatine in 1 cup orange juice combined with 1 tablespoon lemon juice, for 5 minutes. Pit the cherries, replacing stones with pecan halves. Add the gelatine to the syrup, put the stuffed cherries in 6 individual moulds; pour over syrup while hot. When cold and set, serve on lettuce with a mayonnaise dressing combined with whipped cream in any desired proportion.

## FRESH PINEAPPLE SALAD

Pare 1 small pineapple and remove the eyes; chip into small, thin pieces, mix with a salad dressing made with honey and let stand 30 minutes. Serve on lettuce hearts.

## *Salads and Salad Dressings*

### FROZEN FRUIT SALAD

To 4 well beaten eggs add 4 tablespoons granulated sugar, 2 pinches mustard, 2 teaspoons flour,  $\frac{1}{2}$  cup vinegar and  $1\frac{1}{2}$  cups water. (Mix dry ingredients first, add to eggs, vinegar and water last.) Boil in a double boiler until thick, and when cool add  $\frac{1}{2}$  cup unbeaten cream. Add the following fruit mixture, cut up or diced: 1 orange, 2 bananas, 1 can sliced pineapple, 1 bunch grapes, seeded, 1 bottle maraschino cherries. Pack in baking powder boxes and freeze. Cut in slices and serve on lettuce leaves with a whipped cream mayonnaise.

### FRENCH DRESSING

Add  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  teaspoon paprika and a pinch of sugar to 3 or 4 tablespoons olive oil. To this mixture add a few drops of onion juice and 1 tablespoonful lemon juice or vinegar. Beat until all ingredients are well blended.

### DRESSING FOR POTATO SALAD

Stir until thick in a double boiler  $\frac{1}{2}$  teaspoon mustard, 1 lump butter, a little sugar, salt and red pepper,  $\frac{1}{2}$  cup vinegar and the yolks of 2 eggs. When cold, thin out with cream and mix with potatoes cut in cubes, and chopped parsley.

### MAYONNAISE DRESSING

Boil until thick in a double boiler 4 whole eggs, well beaten, 2 tablespoons granulated sugar, 1 tablespoon English mustard, 1 pinch pepper, 2 tablespoons butter and 12 tablespoons vinegar. When cold, thin out with whipped cream or chili sauce, according to the salad for which it is to be used.

### THOUSAND ISLAND DRESSING

Chop and sift the yolk of 1 hard-cooked egg and mix with  $\frac{2}{3}$  cup mayonnaise dressing, 2 teaspoons chopped green pepper, 2 teaspoons chopped pimiento, 2 teaspoons chopped chives,  $\frac{1}{2}$  teaspoon paprika, 1 tablespoon tomato catsup, 1 tablespoon tarragon vinegar, and 3 tablespoons chili sauce. Keep utensils and ingredients cold while mixing by placing the bowl in a pan of cold water or chopped ice. Serve cold.

RUSSIAN DRESSING

Beat 1 egg yolk until lemon-colored and add  $\frac{1}{3}$  cup chili sauce, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon powdered sugar, 1 teaspoon mustard,  $\frac{1}{2}$  teaspoon paprika and gradually 1 cup salad oil. When dressing is thick, add 1 tablespoon lemon juice and one of vinegar. Keep on beating while adding the various ingredients and be sure they all are kept cool.

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— Notes —



## Sauces



### HOT MUSTARD

Use twice as much dry mustard as flour, and combine with salt and sugar to taste, 2 tablespoons boiling water and enough vinegar to thin out.

### MUSTARD SAUCE

Mix in order given: Yolk of 1 egg, 3 teaspoons mustard, 1 teaspoon sugar, 1 tablespoon vinegar, 1 tablespoon flour and 1 cup water. Mix while cold, and heat to boiling point.

### TARTAR SAUCE

Put the yolks of 2 eggs in a chilled dish and stir in 1 tablespoon mustard, 1 tablespoon melted butter (stirring steadily), salt, pepper and 1 tablespoon vinegar. When well blended, put in a cool place until ready to serve.

### QUICK TARTAR SAUCE

Mix together 1 cup mayonnaise dressing, 1 tablespoon chopped olives, and 1 tablespoon chopped pickles, mix together well and serve with fish or shellfish.

### HOLLANDAISE SAUCE

Stir the yolks of 2 eggs in the upper part of the double boiler, and add 1 tablespoon butter, bit by bit, letting each piece melt and become incorporated with the eggs, stirring steadily. When butter and eggs are worked together thoroughly, remove from fire, add salt and pepper and the juice of 1 lemon.

### WHIPPED HOLLANDAISE

Beat well 2 egg yolks and add gradually  $\frac{1}{2}$  cup butter which has been creamed. Add  $\frac{1}{4}$  cup boiling water, juice of  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{8}$  teaspoon pepper. Cook in a double boiler until thick and beat with a cream whip. This sauce should be served thick and while hot.



## HOT CHOCOLATE SAUCE

Melt 1 square unsweetened chocolate, adding 1 teaspoon butter,  $\frac{1}{2}$  cup water, 1 cup sugar and a few drops vanilla. Cook together 5 minutes, and keep hot until needed. Two tablespoons cocoa may be substituted for the chocolate in this recipe.

## WINE SAUCE

$\frac{3}{4}$  glass white wine or a non-alcoholic wine sauce, 1 glass water, the juice of 1 lemon and sugar to taste, thoroughly mixed. Beat 2 eggs well, add a few drops of water, add to first mixture, and stir in double boiler until thick.

## LEMON SAUCE

This may be served hot or cold. Slice a lemon, rind and all (removing seeds) into a frying pan half filled with water, and let boil 10 minutes. Meanwhile beat the yolk of 1 egg with 1 tablespoon sugar, and strain the hot lemon juice into it. Last fold in the beaten white of an egg.

## VANILLA SAUCE

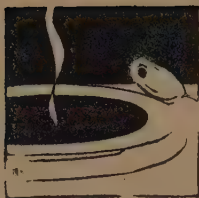
Mix together  $\frac{1}{2}$  cup sugar, 1 tablespoon cornstarch, and a few grains salt, add slowly, stirring constantly 1 cup boiling water, and boil from 5 to 10 minutes. Remove from fire and stir in 2 tablespoons butter and 1 teaspoon vanilla. Serve hot.

## COCOA PASTE

Mix together 1 cup cocoa, 1 cup sugar and a few grains salt. Add 2 cups water and cook in a double boiler to a smooth paste. By cooking a long time (about 1 hour) a better flavor is obtained.

## LEMON BUTTER

Cream together  $\frac{1}{4}$  cup butter and  $\frac{1}{4}$  teaspoon paprika. Add, drop by drop, 1 tablespoon lemon juice, stirring constantly until all the lemon juice is blended with butter.



## Soups



### CREAM OF TOMATO SOUP

Cook slowly for 10 minutes 2 cups canned tomato, 1 bay leaf, 1 slice onion and celery salt in  $\frac{1}{2}$  cup water. Put this mixture through a strainer. Just before serving add the hot tomato mixture to 2 cups hot white sauce.

### TOMATO GUMBO SOUP

Cut fine 2 small onions and fry brown in 1 tablespoon butter. Add a tablespoon of flour to 1 can tomatoes, and pour over onions. Cook until tomatoes are in pieces, add 1 can of okra and a little Worcestershire sauce, and boil 15 minutes. Boil rice and serve one spoonful in each plate.

### CARROT SOUP

Press 1 cup cooked carrots through a strainer. Add 1 tablespoon minced parsley. Stir this mixture into 1 pint hot milk to which has been added 1 tablespoon onion juice and 2 tablespoons butter. Salt and pepper to taste and serve at once.

### CREAMED CARROT SOUP

Mix together 1 cup cooked carrots, pressed through a strainer, 2 tablespoons butter, 1 tablespoon onion juice and 1 tablespoon minced parsley, celery or celery salt. Heat the mixture and add 1 pint heated milk.

### GESETZE BONEY SOUP (A Favorite Jewish Dish)

Clean and wash 1 quart white beans and put in a large pot or kettle. Lay in this  $\frac{1}{2}$  pound smoked breast of beef, and  $1\frac{1}{2}$  pounds brisket with the bones. Add 5 pieces of garlic cut small, salt and 2 tablespoons flour. Fill with water to an inch over the meat, and boil all day long.

## GERMAN GARNISHES FOR SOUPS

1. *Klöße*—Stir 1 tablespoon fat to a foam, add one egg, chopped parsley, salt and flour enough for a thick cream, and stir together. When your soup has come to a boil, take a teaspoon one-quarter full of this mixture and dip it in the soup. Let boil 15 minutes.
2. *Motze Klöße*—Take one matzoth and soak it in water, pressing out well. Mix with one beaten egg, salt, a pinch of ground ginger, chopped parsley and cracker dust, and form in balls.
3. *Marrow Balls*—Melt and strain marrow, beat until cold, then mix 1 soaked roll, 1 egg, parsley—and form in balls.

## CREAM OF POTATO SOUP

Cook slowly until soft 1 small onion and 3 medium sized potatoes in just enough salted water to cover. Make a white sauce of 1 tablespoon flour, 2 tablespoons butter, 1 teaspoon salt and 1 cup milk. Add 5 cups scalded milk and heat. Then add the cooked potatoes, without draining, and  $\frac{1}{8}$  teaspoon celery salt. Cook 5 minutes and add 2 teaspoons chopped parsley just before serving.

## POTATO SOUP

Scald 1 quart milk with 2 slices of onion. Remove the onion and add this milk to 2 cups hot potatoes (riced or mashed). Add 3 tablespoons melted butter which has been mixed with 2 tablespoons flour,  $1\frac{1}{2}$  teaspoons salt, celery salt, pepper and a dash of cayenne. Boil this mixture for 1 minute then strain if necessary and add 1 teaspoon chopped parsley.

## PEA SOUP

To 2 tablespoons melted fat add 2 tablespoons flour. Blend together and add 1 pint milk, stirring to prevent lumps. Cook the sauce until it is thick. Mash 1 cup peas (fresh or canned) through a sieve and add them to the white sauce, then salt and pepper to taste.

### CREAM OF PEA SOUP

Soak overnight in 1 quart cold water 1 cup dried green peas. Drain, put in 1 quart boiling water, add 1 small onion, sliced, and cook until tender—about 4 hours. Rub through a strainer, and return pulp and liquid to the fire. Add 1 level teaspoon salt, a little pepper, and 1 tablespoon butter mixed with flour until smooth. When soup is boiling add 1 cup cream.

### CORN CHOWDER

Chop 1 onion and 4 slices of bacon. Add 2 cups potato cubes, 1 teaspoon salt, pepper and 4 tablespoons butter. Cook in 2 cups water until potatoes are soft, adding more water if necessary. Add 2 cups cooked green corn or canned corn and 2 cups scalded milk, then reheat to boiling point. Add 2 more cups milk, heat and serve.

### CORN SOUP

To 1 cup grated corn add 1 medium sized onion which has been minced. Cook in 1 cup boiling water for about 15 minutes or until tender. Add 2 cups hot milk, 2 tablespoons fat, salt, paprika and celery salt to taste. Just before serving add  $\frac{1}{4}$  cup cracker crumbs.

### BEAN SOUP

Scald 1 pint milk and 1 tablespoon finely minced onion. To 2 tablespoons melted butter add 1 tablespoon flour. Add this to the hot milk and stir until it is smooth and thick. Add 1 cup of boiled bean pulp and let mixture come to the boiling point. Just before serving add the well beaten yolk of 1 egg.

### STRING BEAN SOUP

Combine together  $1\frac{1}{2}$  cups finely cut cooked string beans, 1 pint beef stock, 1 cup tomato juice, 1 small minced green pepper and 1 tablespoon minced onion. Let this mixture simmer for from 10 to 15 minutes. Serve with slices of hard-cooked egg in each cup.

## CELERY CHOWDER

Cook 2 pints of finely cut celery in just enough water to cover it. Put through a sieve saving the water for the soup. Cook 1 cup diced carrots until tender then brown (or saute) the carrots with 1 small minced onion in 2 tablespoons butter until they are a delicate brown. Add 3 cups hot milk and thicken with 1 tablespoon flour which has been mixed with a little cold water. Combine the mixtures and cook until well blended. Salt and pepper to taste and add the beaten yolks of 2 eggs just before serving. Garnish each dish with floating strips of toasted bread.

## SOUP STOCK

Cover the bones and trimmings of steaks, roasts, chops or other meats with cold salted water and simmer slowly until the flesh drops in shreds from the bones. Into this liquid put any desired seasoning such as onion or celery leaves. Strain and let boil for 10 minutes. Pour into hot jars and boil in a hot water bath for 3 hours.

## CANNED SOUP MIXTURE

Mix together 1 cup corn, 1 cup small lima beans or string beans cut in small pieces, 1 cup finely cut celery, 1 small sliced onion, 1 diced green pepper, 1 teaspoon salt and a little minced parsley. Fill glass jars to within  $\frac{1}{2}$  inch of the top with the mixture and to each pint of vegetables add 1 teaspoon vinegar or lemon juice. Seal jars loosely and boil in hot-water bath for  $1\frac{1}{2}$  hours. (Use enough water to cover jars.) Remove jars from boiling water, seal tightly, turn jars upside down and cool quickly.

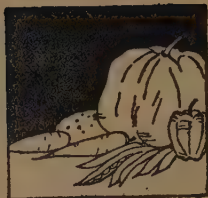
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—❧{ Notes }❧—





# Vegetables



## CELERY VEGETABLES

Boil 2 stalks of diced celery in salt water until tender. Serve with a sauce made of one soup cube dissolved in hot water, 1 tablespoon of butter rubbed together with 1 tablespoon flour, salt and paprika.

## SAUCE FOR MUSHROOMS

1 cup clear soup, seasoned with salt and pepper and thickened with 1 teaspoon flour. Boil 5 to 10 minutes and pour over mushrooms.

## POTATO BALLS (A German Recipe)

Grate 6 boiled potatoes to make about a soup plate full. Add  $\frac{1}{3}$  as much grated bread crumbs, salt, 1 tablespoon flour, 1 tablespoon fat, 3 eggs (whites beaten separately) and make into balls. Boil 15 minutes in salt water without lifting the cover. Serve with onions fried in butter, poured over potato balls.

## MUFFIN POTATOES

Mash 5 large potatoes while hot, and let cool. Mix with the yolks of 2 eggs, 1 tablespoon cream, salt and lastly the beaten whites of the 2 eggs. Bake in gem pans.

## ASPARAGUS VINAIGRETTE

Boil 1 bunch asparagus in a deep dish, and serve over it 1 tablespoon chopped pickle, 1 teaspoon finely chopped onion, vinegar, pepper and salt.

## BAKED CABBAGE AND TOMATOES

Put a thick layer of stewed tomatoes in a buttered baking dish. Cover the tomatoes with a layer of boiled cabbage, sprinkle with grated cheese and then with bread crumbs. Continue this way until 3 cups cabbage and  $1\frac{1}{2}$  cups tomatoes have been used. Dot the top with bits of butter and bake for 30 minutes in a slow oven.

## SAVOY CABBAGE

Remove ribs from cabbage, boil in salt water until very soft; rinse in cold water and squeeze dry. Saute 1 finely cut onion in 1 heaping tablespoon butter or fat, stir in 2 tablespoons flour, do not let onion fry darker than lemon color. Add water, pepper and salt, and the cabbage finely chopped, and let boil for a short time.

## SWEET AND SOUR BEANS AND CABBAGE

Saute 1 white onion cut fine in 1 tablespoon fat. Put in beans and cabbage, cut fine, and a little hot water; some diced green apples and salt, and cover and cook until tender. Add vinegar and sugar to taste, and cook 1 hour. Thicken before serving.

## CHESTNUTS AND PRUNES

Peel 2 pounds chestnuts, scrape off brown skin, and cook in salted water 1 hour. Add 1 pound prunes,  $\frac{1}{2}$  pound chopped suet, 4 pieces of stick cinnamon and  $\frac{3}{4}$  pound brown sugar, and cook slowly at least 4 hours.

## CORN FRITTERS

Mix well 1 cup chopped corn, 1 egg, 3 tablespoons flour, 2 tablespoons milk, salt and pepper. Drop mixture by the spoonful in hot fat and fry a golden brown.

## CORN CUSTARD

Melt 2 tablespoons fat in a sauce pan and add 2 tablespoons green pepper, 1 stalk celery and 1 small onion, all chopped fine. Cook slowly for 5 minutes and add 1 can corn, 1 canned pimiento cut into strips,  $1\frac{1}{4}$  teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, 1 pint milk and 3 slightly beaten eggs. Mix and pour into well greased baking dish. Set dish in pan of hot water and bake in a slow oven for 1 hour.

## Baked Corn

1 Can Corn 3 eggs (beaten) 2 T. butter  
 17 sugar 1 C. milk paper & salt  
 to taste thicken with crumb &  
 bake 1 hour.

## Banana Pudding

2 eggs 1 1/2 t. Cornstarch  
 1 qt milk 1 t vanilla  
 4 T. sugar. Salt.

Cook in double boiler, when  
 cool pour over 6 bananas sliced  
 thin.

## Rice pudding with eggs.

1 C. rice - 1 qt milk - boil till  
 soft. ~~add~~ 1/2 t salt 1/2 C. sugar  
 few grains nutmeg [58] Pour over 2  
 eggs. Pour with milk.

# American Chop Suey (Mother Carls)

1/2 C. boiled rice	Place rice in
1/2 lb chopped meat	casserole with
1 Can tomatoe soup	meat, soup and
1/2 t salt.	finely chopped
1/2 C water	onion, salt &
1 small onion	pepper. Bake
1/4 t pepper.	3/4 hour in
	moderate oven.

# Notes and Other Favorite Recipes

3 tablespoons Mashed Potatoes

1/2 cup Sugar

2 T B.P.

1/2 cup Milk

My recipe for Corn Fritters

1 C Corn

1/2 cup cast

1/2 C Flour

1 Egg

1 T B.P.

Enough Milk to make

1 T Sugar

stiff batter

Fry in deep fat & drain with

paper napkin





Whisked & Baked

- 1/2 cup Butter
- 2 Bannanas
- 1/2 cup Sugar
- 1/2 cup Flour
- 1/2 cup Milk

Preheat oven to 350°F. Grease a 9x9 inch pan. Mash bananas in a bowl. Add sugar, flour, milk, and butter. Mix well. Pour into pan. Bake for 30 minutes.

To 1/2 cup milk add

- 1/2 C sugar
- 1 T C starch
- 1 egg
- 1/2 cup milk
- 1 T flour

Mamma's Noodles

1/2 Flour  
1 Egg

salt  
water

Directions

# Notes and Other Favorite Recipes

## Pineapple Upside Down

4T shortening  
 1 C. Brown Sugar  
 Pineapple sliced

Mix shortening in bottom

of pan with Brown Sugar

Place thoroughly sliced  
 in pan. Arrange Pineapple

slices over mixture  
 about in center

and bake at 350° for 30 min.

Remove from oven and invert

on plate. Serve with  
 whipped cream.

Butter

1/4 C. shortening

3/4 C. sugar

1 Egg

# Notes and Other Favorite Recipes

Orange Fruit Cake

2 C. undred orange peel

1/2 C. citric  
acids - 1 C.

3 eggs - 2 C. strong coffee

1/4 T nutmeg

2 1/2 cups flour

Load paper

11 - buttered

Pumpkin Pie

Oatmeal Cookies - The Best

3C Oatmeal  
1C Brown Sugar  
1/2C boiling water

1/2t salt  
1C flour  
1C Butter

1t soda

Mix short & then add each  
ingredient. Let stand until  
stiff - cut off & bake for  
10 min.



## Notes and Other Favorite Recipes

→

→

Small Soup

Take 1/2 lb. of beef, cut in small pieces, add 1/2 lb. of

potatoes, cut in small pieces, add 1/2 lb. of

carrots, cut in small pieces, add 1/2 lb. of

onions, cut in small pieces, add 1/2 lb. of

celery, cut in small pieces, add 1/2 lb. of

herbs, cut in small pieces, add 1/2 lb. of

garlic, cut in small pieces, add 1/2 lb. of

pepper, cut in small pieces, add 1/2 lb. of

salt, cut in small pieces, add 1/2 lb. of

oil, cut in small pieces, add 1/2 lb. of

vinegar, cut in small pieces, add 1/2 lb. of

lemon juice, cut in small pieces, add 1/2 lb. of

lime juice, cut in small pieces, add 1/2 lb. of

orange juice, cut in small pieces, add 1/2 lb. of

apple juice, cut in small pieces, add 1/2 lb. of

pear juice, cut in small pieces, add 1/2 lb. of

cherry juice, cut in small pieces, add 1/2 lb. of

plum juice, cut in small pieces, add 1/2 lb. of

peach juice, cut in small pieces, add 1/2 lb. of

apricot juice, cut in small pieces, add 1/2 lb. of

nectarine juice, cut in small pieces, add 1/2 lb. of

## Notes and Other Favorite Recipes

### Enchanted Cream Sponge

1C cake flour  
1T Baking Powder  
1/4T salt

3/4C sugar

1T lemon juice

2T sugar

2 eggs separated

1/2C cold water

1T grated lemon rind

Sift flour once measure add B. P. & salt  
Sift together 3 times. To egg yolks add water  
lemon rind & beat until light & foamy. Add  
sugar gradually then flour beat to blend.  
Beat egg whites until foamy add lemon  
juice & 2T sugar Fold in flour mixture.  
Bake in ungreased layer tin 25 min. 30  
invert on rack until cool Sprinkle  
with powdered sugar.

12

## Notes and Other Favorite Recipes

### Cookies -

Norwegian Drop Cookies -  $\frac{1}{3}$  C Butter  $\frac{2}{3}$  C  
Brown Sugar 1 Egg - Creamed -  $\frac{2}{3}$  C flour  
 $\frac{1}{8}$  t. each cinnamon, cloves & nutmeg & so  
add to egg mixture add  $\frac{1}{3}$  C raisins  $\frac{1}{2}$  C  
nuts Drop by teaspoons on greased sheet  
Bake about 12 min.

Sweetheart Cookies Cream  $\frac{3}{4}$  C. Crisco  
add  $\frac{1}{2}$  C. sugar & yolk of 1 egg. Add  $\frac{1}{2}$  C  
flour & bread. Chill dough form  
in balls place on greased sheet. Make  
depression in Centre & fill with jam  
Bake a very light Brown. when cool  
roll in powdered sugar.

Pineapple Cookies - Cream  $\frac{1}{2}$  C Crisco add  
 $\frac{1}{2}$  C sugar 1 Egg yolk 3 T milk. Sift  $\frac{1}{2}$  C  
flour  $\frac{1}{2}$  t B.P. & pinch salt. Add  $\frac{1}{2}$  t vanilla  
& divide into 2 parts - Add 1 square Choco  
to 1 part Roll out thin & place one  
on top of the other & roll into a jelly roll  
Chill over night. Cut in thin slices  
Bake on greased tin until done.

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# Tomatoe Sauce

1 lb Tomatoes

Bay Leaf - 1 <sup>teaspoon</sup> mixed spices

Salt - Onion

alt  $\frac{1}{4}$  T flour, fat. onion Browned,

Sugar. - Add water if boiled  
down too much.







\*07-CJF-482\*